

When You Quit Smoking

Within 20 Minutes of Your Last Cigarette

- You stop polluting the air
- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Temperature of hands and feet increases to normal

8 Hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours:

- Chance of heart attack decreases

48 Hours:

- Nerve endings adjust to the absence of nicotine
- Ability to smell and taste things is enhanced

72 Hours:

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

2 Weeks to 3 Months:

- Circulation improves
- Walking become easier
- Lung function increases up to 30%

1 to 9 Months:

- Coughing, sinus congestion, fatigue, and shortness of breath all decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy level increases

1 Year:

- Heart disease death rate is halfway back to that of a nonsmoker

5 Years:

- Heart disease death rate drops to the rate of nonsmokers
- Lung cancer death rate decreases halfway back to that of nonsmokers

10 Years:

- Lung cancer death rate drops almost to the rate for nonsmokers
- Precancerous cells are replaced
- The incidence of other cancers-of the mouth, larynx, esophagus, bladder, kidney, and pancreas decrease

